



AS AN EDWARDS AFB CIVILIAN, WHERE CAN I **FIND HELP?**

We all face challenges, but we don't have to face them alone.

IF YOU NEED HELP WITH...	TRY THESE AGENCIES & THEIR RESOURCES	
Health & wellness planning	AFMC Wellness Support Center	www.afmcwellness.com
Finances & work-life balance	Airman & Family Readiness Center	(661) 277-4662
Health screenings & education	Civilian Health Promotion Services	(661) 277-3667
Employment Issues	Employee Assistance	(661) 277-5433
Mental health & substance abuse	Employee Assistance Program	(661) 277-1183
Unplanned pregnancy	CARENET Women's Resource Center of North County	(661) 729-4277
Suicide prevention	National Suicide Prevention Lifeline	(800) 273-8255
Sexual assault & victim advocacy	Sexual Assault Response Coordinator	(661) 277-7272
	Sexual Assault Victim Advocates in:	
	Ridgecrest	(760) 375-7527
	Mojave	(661) 824-2649
Crime victim advocacy	Victim Witness Assistance Program	
	Kern County	(661) 868-4507
	LA County	(213) 974-7499
	Inyo County	(760) 873-6669
	San Bernardino County	(909) 387-6540